

UNIT 3: KEEPING FIT

1. Do you think young people are more or less fit than 50 years ago? (Why? / Why not?)

glued reckon sedentary toll

→ To be honest, I (1) _____ young people today are generally less fit than half a century ago because many of them **lead a** (2) _____ **lifestyle**, (3) _____ **to their screens** for hours **on end**, which **takes a** (4) _____ **on** their physical health.

couch-potato fingertips generations well-being

→ Frankly, I'd say young people nowadays are not as fit as previous (1) _____. With technology **at their** (2) _____, many have **fallen into the trap** of a (3) _____ **lifestyle**, which inevitably **chips away at** their physical (4) _____.

compensate for contributing to dietary habits distractions dramatic shift
fitness gym culture on screens physically sedentary routine

→ In my opinion, young people today are generally *less* (1) _____ *fit* than those of 50 years ago. This is largely due to the (2) _____ *in lifestyle* and technological advancement. Half a century ago, daily life was far more physically demanding. Young people walked or cycled more often, participated in outdoor activities, and had fewer sedentary (3) _____. In contrast, modern youth spend a significant portion of their time (4) _____—whether it's for school, entertainment, or social interaction—which has led to a more (5) _____.

Moreover, the (6) _____ of today's generation have changed considerably. Fast food and processed snacks are far more accessible and affordable than before, (7) _____ issues like obesity and poor cardiovascular health. Although (8) _____ and fitness awareness have grown, they don't always (9) _____ the broader decline in everyday physical activity. So, while some individuals are extremely health-conscious, I believe that, on average, the level of physical (10) _____ among young people has declined over the past five decades.

2. In what way is your diet different from when you were a young child?

healthiest choice home-cooked packed with quick bites

→ **Back in the day**, my diet was straightforward — mostly (1) _____ meals were (2) _____ fresh produce. Nowadays, I tend to **grab** (3) _____ and convenience food far more often, which isn't always the (4) _____.

desired home-cooked nutrition on the fly takeaways

→ When I was little, my meals were mostly (1) _____ and full of wholesome ingredients. These days, I often find myself **grabbing** (2) _____ or **eating** (3) _____, which **leaves much to be** (4) _____ in terms of (5) _____.

balanced diet
health-conscious

compared to
indulgent

experiment with
paid attention to

→ When I think about my diet now (1) _____ when I was a child, it's quite different. As a kid, I mostly ate what my parents gave me, which often included sugary snacks, fast food, and very few vegetables. I rarely (2) _____ whether the food was healthy.

Now, I'm much more careful about what I eat. I try to have a (3) _____ with plenty of fruits, vegetables, and lean proteins, and I avoid too much sugar or junk food. I also cook at home more often, which helps me eat healthier and (4) _____ different foods. So, overall, my diet has shifted from being quite (5) _____ as a child to being much more (6) _____ today.

3. What changes do you think will occur in our diet in the future?

aware of

major shift

on their plate

plant-based

→ **Looking ahead**, I think we'll see a (1) _____ towards more sustainable and (2) _____ diets, as people become increasingly health-conscious and (3) _____ the environmental footprint of **what's** (4) _____.

hazard

one-size-fits-all

personalized

tailor

→ If I had to (1) _____ **a guess**, I'd say we're heading towards more (2) _____ nutrition, where people will (3) _____ **their meals** to their DNA or health goals. The days of (4) _____ diets might soon be **a thing of the past**.

customized to
personalized diets

health awareness
science advances

lab-grown
sustainable

long-term
tailored to

→ I think our diets will change a lot in the future, mainly because of (1) _____ and environmental concerns. People will probably eat more plant-based or (2) _____ foods, which are more (3) _____ and better for the planet. At the same time, unhealthy fast foods might become less popular as nutrition (4) _____ and people focus on (5) _____ health. Another big change could be (6) _____. With technology like AI and wearable devices, we might get meal plans (7) _____ our genes, lifestyle, and health goals. Overall, I imagine future diets will be healthier, more sustainable, and very (8) _____ individual needs.